



Easy Read Guide

Domestic Violence Coercive Control



TALK TO SOMEONE YOU CAN TRUST

This guide talks about things that may make you feel upset or uncomfortable.

It is important that you feel safe. This guide has information about how to get help if you need it.

This guide has words that you may not know or understand.

We will try to explain them in a way to help you to understand.

The words that are used

Domestic Violence

Domestic violence is when a partner or family member harms or controls another person.

Examples are physical abuse, emotional abuse, verbal abuse or controlling behavior.

Coercive Control

Coercive control is when a person in a relationship tries to control the other person's actions, thoughts, or feelings.

Examples are stopping them from doing things they want to do, threatening them, and making them feel afraid and trapped.

Relationships

This document is about when things happen with someone you are in a relationship with.

Abuse can happen to you by other people. This is covered in P2P's Easy Read Guide to Staying safe from Abuse, neglect and Exploitation which is on the P2P website.

Exploitation

Exploitation is when someone treats you in a way that is not fair.

Neglect

This means when someone who is supposed to care for or protect you doesn't do it.

It's important to know that **domestic violence** and **coercive control** are **not ok** and if it is happening to you there is help available.

If domestic violence or coercive control is happening to you, you might feel:



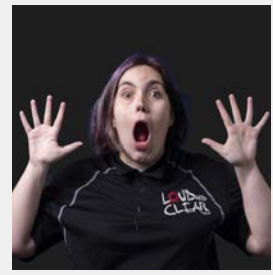
Sad



Angry



Confused



Scared

Signs that Domestic violence or Coercive control is happening

Physical abuse

If a person hits, pushes, or hurts you in any way.

Emotional abuse

If a person calls you names, makes you feel worthless, or always judges you.

Cultural abuse

If a person uses your way of life to try to hurt or control you.

Controlling

If a person tries to control where you go, who you see, or what you do.

Isolating

If a person tries to stop you from seeing your friends or family.

Threatening

If your partner says they will hurt you, your friends or family, or themselves.

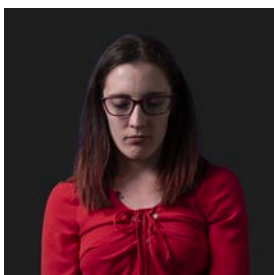
Warning signs



If you often feel scared, worried, or trapped in your relationship it is a warning sign.



If you feel like you have to be careful about everything you say or do to stop making a person angry with you it is a warning sign.



If things in your relationship were good but now things don't feel right it is a warning sign.

Getting help

Friends and family

Tell a trusted friend or family member. They can help you see the problem more clearly and get help to make things better.

Doctors and other people in your life

If you can't tell your friends and family, you can talk to your Doctor or call one of the services listed below.

Who you can ask for help



Queensland Police

000 in an emergency

131 444 when it is not an emergency



Parent to Parent

1800 777 723



DV Connect

Ph 1800 811 811

24 hour domestic violence helpline



Lifeline

Phone 13 11 14

24 hour crisis support and suicide support



1800 Respect

Available 24 hours a day

1800 737 732



Loud and Clear

Loud and Clear QLD Coordinator

loudandclear@p2pqld.org.au



Speaking up for you (SUFY)

Ph: 07 3255 1244

sufy@sufy.org.au



Queenslanders with Disability Network

Ph: 1300 363 783

qdn@qdn.org.au



Queensland Advocacy Inc

Ph: 1300 130 582

qai@qai.org.au



WWILD

07 3262 9877

Supporting people with intellectual disability over 12 years of age who have experienced or are at risk of sexual assault, violence or exploitation.

Contact Information



If you want to ask a question about this guide you can contact:

the Parent to Parent Chief Executive Officer (CEO) by sending an email to manager@p2pqld.org.au
